

Summer Salad with Pumpkin Seed Oil

Recipe by Joy McCarthy from Joyous Health

Ingredients:

SALAD

- 1 head of leafy green lettuce
- Half head of radicchio, chopped
- 1 cup carrots, chopped
- 1/2 red onion, finely chopped
- 1 sweet pepper (any colour), chopped
- 2 to 3 fresh figs sliced
- Optional: Canned tuna and/or chickpeas mixed in
- Sea salt and pepper

DRESSING

- 1/4 cup Styrian Pumpkin Seed Oil
- 1 lemon or 2 tbsp apple cider vinegar or balsamico

Instructions:

1. In a large salad bowl, toss ingredients together excluding the figs. They are very delicate so I suggest placing them on top. Drizzle with pumpkin seed oil and an acid of your choice. Enjoy!

Notes:

Serves 4. *The oil is so flavourful, you might not even need to add an acid like lemon or ACV to this recipe, but you can if you like!